

Friday




Mostly cloudy
Lo: 36°F
Hi: 52°F

Saturday



Mostly cloudy;
chance of rain
Lo: 47°F
Hi: 67°F

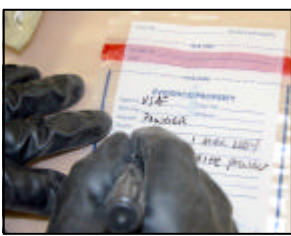
Sunday



Possible
thunderstorms
Lo: 44°F
Hi: 54°F

Team tests
WMDs for
NBC agents

See Page 4



Academy
stuffs SDSU,
wins title

See Page 1B



Sheppard Senator



Combat Capability Starts Here

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Force protection

Road guards protect the way of others

By Senior Airman Chris Powell

Staff writer

When pedestrians cross the street, they put their lives in motorist’s hands. They are trusting motorists will stop to let them pass, but that doesn’t always happen.

In 2002, 4,808 pedestrians were killed in traffic crashes, according to the National Highway Traffic Safety Administration. Of course, at Sheppard that number is nowhere close, but there have been several close calls lately involving people who drive around road guards.

“We have instances once or twice a week

where a road guard is posted out to let his flight go through the crosswalk, and a vehicle will drive through,” Tech. Sgt. David Wilhelm said.

Sergeant Wilhelm, a military training leader in the 882nd Training Support Squadron, said he pursued a permanent-party servicemember who drove around a road guard before and called the base security forces. The security forces issued the offender a citation.

“In the last couple of months, we’ve had about three or four reported incidents,” said Master Sgt. Louie Borja, the non-commissioned officer-in-charge of police services at

See GUARDS, Page 3



Airman David VanNess, a student in the 882nd Training Squadron, stops traffic to let fellow students cross the streets. Road guards are important in the day-to-day protection of students, but some motorists don’t obey the guards’ instructions.

Photo by Senior Airman Chris Powell

On the
Inside

What’s in your
wallet

Thousands of Americans find themselves in insurmountable debt to the tune of millions of dollars every year.

Yet, those thousands of Americans can’t understand where the problem originates. They to need look no farther than their pocket books and wallets.

The average American family carries 13.5 credit cards. Is that really necessary?

Two would be plenty – one for emergencies and the other for monthly charges that will be paid off every month.

For full story, see page 2.

Riding association
promotes safety

Motorcycles are undoubtedly dangerous and require skill and focus to ride them properly.

The Sheppard Riders’ Association teaches the skills necessary to be a safe rider by partnering experienced riders with novice cyclists.

“Virtually all mishaps are rider error,” Master Sgt. Stephen Sinatra of the Safety Office said. “People complain about their personal protective equipment, but it really boils down to their skill.”

There have been several motorcycle fatalities in Air Education and Training Command this year, so a program to teach skills to younger riders was mandated with hopes to make riding safer.

For full story, see page 4.

We’re all
ambassadors

At Sheppard, you are an ambassador.

Every time you step off base, people know you represent the proud tradition of the US military. Whether it's your haircut or simply your demeanor, some people just "look military." That's a real compliment.

It means that our members conduct themselves with dignity and class. When you interact with people in the community, you're representing all of us.

For full story, see page 7.

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Catching a break

Sheppard
survives
first storm
of the year

By John Ingle

Editor

Sheppard crews continue to pick up some of the minor pieces of damage shelled out by a strong storm March 5 that caused about \$28,000 in damage, according to figures released by the 82nd Civil Engineer Squadron.

“We were pretty fortunate compared to some places around the area,” said Jerry Morgan, deputy base civil engineer.

The storm ripped through Wichita Falls and Sheppard, leaving a swath of debris in its wake.

Houses on the southwest side of the city bore the brunt of damage from the thunderstorm. Roofs and walls were ripped from some homes.

Other towns to the south and west of Wichita Falls reported damage to buildings and homes.

The National Weather Service in Norman, Okla., reported its Sheppard collection and monitoring station clocked 91 mph winds on base. More than half-an-inch of rain was dumped in a short amount of time.

Residents on base escaped the storm with minor damage to property and homes. Trampolines, chairs and toys were blown across and over fences in some areas.

A large tree on Faulk Drive



Photos by Senior Airman Chris Powell



was blown over on its side.

Maj. Dathan Jones, chief of operations for the 82nd CES, said damage was minor compared to the storm that blew through and caused millions of dollars in damage last summer.

“Last year we were cleaning up trees for two months,” he said. “We didn’t have any

Tech. Sgt. Mike Hovey, a F-15 mission ready airman instructor at the 366th Training Squadron, looks at a tree that was laid over by heavy winds during a storm March 6. Winds were recorded as high as 91 mph on base. A mangled trampoline rests in the grass near the entrance of the Acute Care Clinic following the storm.

agency job orders were quickly completed the day of the storm and most of the routine job orders should be finished in the next couple weeks. The exception would be some of the more complex work that involves HVAC equipment and possibly some of the roof repair.

DoD sets
up another
toll-free
hotline

WASHINGTON (AFPN) – The Department of Defense announced March 4 that an additional toll-free telephone number has been established for people who want to contact or provide information to the Department of Defense Task Force on Care for Victims of Sexual Assault.

The number, (800) 497-6261, is staffed 9 a.m. to 9 p.m. EST, Monday through Friday.

Defense Secretary Donald H. Rumsfeld recently ordered a senior-level inquiry into the reported sexual assaults in Iraq and Kuwait, and how the armed services treat victims of sexual assault. Army and Air Force officials have opened similar investigations.

Sexual assault hotline

The call center will be staffed from 9 a.m. to 9 p.m. EST. Please call (800) 497-6261.

David S.C. Chu, undersecretary of defense for personnel and readiness, said that the findings of the 90-day review are due by April 30.

“Every servicemember deserves to be treated with the utmost respect and dignity,” Mr. Chu said. “Sexual assault is criminal conduct and will not be tolerated in the Department of Defense.”

Mr. Chu said he believes the information from the call center will help the task force and defense officials in developing policies and programs to improve assistance for victims of assaults and enhance efforts at prevention.

Afghani camp honors fallen pararescueman

By Master Sgt. Jeff
Szczechowski

455th Expeditionary Operations
Group Public Affairs

BAGRAM AIR BASE, Afghanistan (AFPN) – A true American hero was remembered March 4 during a ceremony that officially dedicated the Air Force compound here to the memory of Senior Airman Jason D. Cunningham.

Airman Cunningham gave his life supporting Operation Enduring Freedom while saving the lives of 10 others March 4, 2002.

More than 200 Airmen, Soldiers, Sailors, Marines and civilians attended the service that forever changed the name of “Air Force Village” here to Camp Cunningham.

Airman Cunningham was a pararescueman assigned to the

38th Rescue Squadron at Moody Air Force Base, Ga., when he was killed in action. He had come under intense small-arms fire and a barrage of rocket-propelled grenades in the mountains of Pakтия Province, Afghanistan, during a rescue mission there.

According to his official Air Force biography, Airman Cunningham was the primary Air Force combat search-and-rescue medic assigned to a quick-reaction force on that fateful day. His team went into hostile enemy territory to save two American servicemen evading enemy capture.

Col. James A. Whitmore, 455th Air Expeditionary Wing commander, spoke of the Airman’s uncommon valor and of his own pride in wearing the same Air Force uniform that Airman Cunningham

donned with such distinction.

“The heroic efforts and selfless sacrifice that he exhibited on the battlefield will continue to inspire all of us who serve in Operation Enduring Freedom,” he said during the ceremony.

Col. Gary Woltering, 455th Expeditionary Operations Group commander, said the men and women fighting the war on terrorism would never forget Airman Cunningham’s ultimate sacrifice.

“Senior Airman Cunningham is a hero who will always be remembered for his courage and dedication to duty,” the colonel said. “He remains a comrade-in-arms to all of us who serve at Bagram, and his warrior spirit will live on in the Air Force men and women who have followed him in Operation Enduring

Freedom.”

From this day forward, a wooden sign with the words “Camp Cunningham,” built by Staff Sgt. Jonathan Proffitt of the 455th EOG Security Forces Squadron, will stand sentry at the entrance to the Air Force compound.

And just outside the group headquarters building, stands a marble monument, made by Capt. Matt Duston, Master Sgt. James Wilson and Airman 1st Class Justin Cyr, all 455th EOG civil engineers. It was unveiled during the dedication and provides permanent tribute to one of America’s “best and brightest,” officials said.

The words etched into the stone read: “In honor of Senior Airman Jason Dean Cunningham, who gave his life saving others, in the service of his country.”



Photo by Master Sgt. Jeff Szczechowski

Master Sgt. Taylor Crenshaw and Marine Sgt. Maj. Jerome Alford take a moment to reflect on the life of Senior Airman Jason D. Cunningham at a monument dedicated to him.

Guests visit 16 countries Monday at IWD

By Airman 1st Class Jacques Lickteig
Staff writer

Some Team Sheppard members traveled to 16 countries in one day at the Women's History Committee's International Women's Day celebration at the community center Monday.

Guests tasted delicacies and viewed apparel, brochures and customs from the various cultures.

"International Women's Day is an occasion marked by women's groups around the world," Lt. Col. Dana Howard, 383rd Training Squadron commander, cited from the United Nation's IWD Web site.

Sheppard's African-American Heritage, Hispanic History, Asian-Pacific Islander and Native American

Committees set up displays that represented their heritages throughout the ballroom.

Euro-NATO wives represented the United States, Germany, Belgium, Denmark, the Netherlands, Norway, Greece, Turkey, Spain, Holland, Italy and Portugal.

"Everybody did a great job putting this together," Sherry Murray-Garrett, chairperson of the Women's History Committee, said.

"I really enjoyed the event. It was interesting to taste all the food from all the different countries," Marlene Brock, IWD participant and 82nd Training Wing resource advisor, said. "I enjoyed talking to all those women from all over the world."

International Women's Day is the story of ordinary women as makers of history. It is rooted

in the centuries-old struggle of women to participate in society on an equal footing with men, Colonel Howard cited the Web site.

The idea of celebrating a Women's Day arose during a period of expansion, turbulence, booming population growth and radical ideologies.

It began in 1909, when the Socialist Party of America observed the first National Woman's Day on Feb. 28, Colonel Howard cited.

The following year, The Socialist International proposed an observance of an International Women's Day to honor the movement for women's rights and to assist in achieving universal suffrage for women. More than 100 women from 17 countries unanimously approved the proposal.

According to the Web site, "International Women's Day has assumed a new global dimension for women in developed and developing countries alike since it began. The international women's movement has helped make the commemoration a rallying point for coordinated efforts to demand women's rights and participation in the political and economic process."

"[IWD] is also commemorated at the United Nations and is designated in many countries as a national holiday," Colonel Howard cited. "Over the years, United Nations action for the advancement of women has taken four clear directions: promotion of legal measures, mobilization of public opinion and international action, training and research, and direct assistance to disadvantaged groups."



Photo by Airman 1st Class Jacques Lickteig

1st Lt. George Delaney of the 882nd Training Support Squadron talks with, from left to right, Mike Leutner, Jasmin Kuchenbaur, Claudia Heilfort and Angelika Hansen, all German spouses, during International Women's Day Monday.

Passengers of capsized taxi rescued by Navy



Photo by Machinery Repairman 2nd Class Jerry Nebbett

Passengers of the capsized water-taxi are provided blankets and care aboard a U.S. Navy boat in Baltimore's Inner Harbor after being rescued. Reservists from Naval Reserve Center (NRC) Baltimore assisted in the rescue of more than a dozen passengers late in the afternoon, March 6.

Courtesy of Navy News Service

BALTIMORE (NNS) — Reservists from Naval Reserve Center (NRC) Baltimore assisted in the rescue of more than a dozen passengers from a water taxi that had capsized in Baltimore's Inner Harbor late in the afternoon March 6.

Two of the passengers died and three were still listed as missing, while the remaining 22 were rescued by Baltimore City Fire Department personnel, with the assistance of the NRC Baltimore Reservists.

Command Master Chief Melvin Johnson and Information Systems Technician 3rd Class Edward Mendez witnessed the water taxi capsize as it attempted to maneuver in heavy winds and seas. They immediately called

911 and Cmdr. Petersen Decker, commanding officer of Fleet and Industrial Supply Center Norfolk, Det. 106, coordinated the launch of one of the NRC's small craft to assist in the rescue effort.

Passengers of the water-taxi clung to the hull of the capsized pontoon boat in the harbor as a U.S. Navy boat approached to assist in rescue operations.

Approximately 15 Naval Reserve and active-duty personnel assisted the Baltimore City Fire Department in rescuing 20 passengers.

"My guys didn't hesitate," said NRC Baltimore Commanding Officer Cmdr. Jim McGovern. "They saw what happened and jumped into action."

"I'm extremely proud of my people," said McGovern.

Charges referred for Fort Bragg soldier

Courtesy of Army News Service

WASHINGTON (Army News Service) — The 101st Airborne Division soldier accused of killing two officers and wounding 14 other soldiers by rolling grenades into three sleeping tents in Kuwait last March will be tried by general court-martial.

A trial date has been set for July 12.

Lt. Gen. John R. Vines, commander of XVIII Airborne Corps and Fort Bragg, N.C., referred charges against Sgt.

Hasan Akbar March 3 as a capital case.

Sergeant Akbar is accused of two specifications of premeditated murder under Article 118 of the Uniform Code of Military Justice, and three specifications of attempted premeditated murder under Article 80.

Two court delays caused the lengthy wait for the referral of charges in connection with the March 22 "frag" incident, officials said.

First, the 101st Airborne Division was decisively engaged in major Operation

Iraqi Freedom hostilities immediately following the incident, and in stability and support operations afterward. Sergeant Akbar was transferred to the division's higher headquarters, the XVIII Airborne Corps, Fort Bragg, N.C., in July as the 101st stability and support operations in Iraq continued.

The second delay was due to a request from Sergeant Akbar's defense counsel for sufficient time to prepare for the case. A civilian attorney, at no cost to the government, and two military lawyers are currently representing the accused,

officials said.

The case against Sergeant Akbar was presented to General Vines for a decision on how to proceed in late February.

Sergeant Akbar faces a potential death sentence if convicted. He is being held in pre-trial confinement at the Fort Knox, Ky., Regional Correction Facility. The trial will be held at Fort Bragg.

No date has been set for the general court-martial, though officials said they anticipate the trial to begin sometime this summer.

What's in your wallet: Numerous credit cards costly for consumers

By Charles Ringwood

82nd Mission Support Squadron financial planner

Thousands of Americans find themselves in insurmountable debt to the tune of millions of dollars every year.

Yet, those thousands of Americans can't understand where the problem originates. They need to look no farther than their pocket books and wallets.

The average American family carries 13.5 credit cards. Is that really necessary?

Two would be plenty — one for emergencies and the other for monthly charges that would be paid off every month.

The biggest reason for the two-card rule is that it is easier to keep track of possible errors and current interest rates with no more than two cards. Some credit card companies will increase your interest rate without prior notification.

You must check your statements each month and inquire about any discrepancies.

Controlling the interest rate is also a way for consumers to lower their debt.

Competition in the credit industry is fierce and business will fight to keep cus-

tomers. With that in mind, it doesn't hurt to ask credit companies for a lower rate. It could save hundreds of dollars in interest charges.

If the company refuses to lower the interest rate, threaten to transfer the balance to another credit card — be persistent.

If the company doesn't budge, look for a better deal. A good place to start is bankrate.com. There are over 6,000 companies that issue credit cards; find the one that fits your needs.

Many credit card companies offer credit card protection for a fee. This is normally a percentage of the outstanding balance.

According to the Federal Trade Commission, consumers are only obligated to pay for the first \$50 when credit cards are used by someone unauthorized. Consumers could easily pay several times the \$50 for credit card protection in a year. Always protect your credit card numbers from others.

It is very easy to use someone else's credit card, as stores are very lax in their security of handling credit cards, seldom checking to see if the signature on the back of the card matches the one on the credit card form. Also after signing the back of the

credit card, write in bold ink SEE ID CARD.

If the clerk is doing his/her job, they will ask to see your ID card to match the signature. Never give credit card numbers over the phone unless you know whom you are talking to.

Fees can be costly for consumers. Here are some of the fees credit card companies may charge:

-Late fees: charges can be up to \$35; even if your one hour late it can cost you.

-Over-the-limit-fees: This is a no brainer; keep your balance below your credit limit.

-Cash advance fees and rates: the interest rate for cash advances is much higher and there is no grace period, and you will be paying a fee of 2 percent to 4 percent.

-Annual fees: normally associated with frequent flyer miles or cash back credit cards.

People blame the credit card companies for their financial problems. Unfortunately, the truth is that people abuse credit cards. Take control of debt, don't let it control you.

For help call the family support center at 6-4358 and talk to a counselor.

Six Sigma makes IA CBT possible

Editor's note: This is the fourth in a series of articles highlighting the 82nd Communications Squadron's use of Six Sigma.

By 1st Lt. Laura Renner
Base public communication

Sheppard started it. Now the whole Air Force is doing it.

The improvements the 82nd Communications Squadron made to the process of conducting information assurance computer-based-training for students has been adopted by the Air Force and will be passed on to all bases housing non-prior-service students.

"In the past, anyone who had access to a (government) computer had to be trained (and licensed) on what to do and how to do it," Don Reed, chief of the information assurance office, said. "The permanent party side was easy."

Maj. Ranier Tanglao, 82nd CS information systems flight commander, said, with the Department of Defense and the Air Force placing emphasis on IA CBT

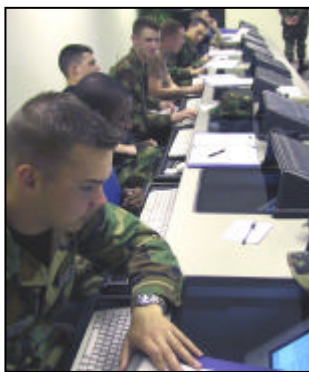


Photo by 1st Lt. Laura Renner

Students now complete information assurance computer-based-training here during in-processing before heading to their permanent base.

for everyone with computer access, Sheppard needed a way to train students. He explained that with no time allot-

ted in the course curriculum, assigned instructors to conduct the training took away from their teaching time. Many didn't have the resources either. He also said they tried mass briefings which didn't cut it.

Mr. Reed said they even tried conducting the training offline. However, the Air Force uses the online system to monitor completed training.

CS teamed up with 82nd Training Wing Training Operations and other agencies to find a way to improve IA CBT training for the students coming in every week from basic training. Allotted time and computers at the wing learning development center was the solution.

Yet students still needed network accessibility in order to complete the training online. Mr. Reed said that presented another problem. No one can access the network without first completing the training.

Major Tanglao said that's when the 82nd CS discovered GI Mail. Any DoD member can have a GI Mail account. It runs much like generic e-mail accounts

people can use for free as their personal e-mail addresses.

Staff Sgt. Christopher Thompson, an 82nd CS network administrator, and others in the flight spent about a week at the WLDC configuring the computers to allow access to only GI Mail and IA CBT. They also added access to virtual records of emergency data so students could complete that part of in-processing as well.

The squadron has taken pride in its use of Six Sigma, a process improvement system the 82nd CS has been using for various aspects of their career fields. The improvements to IA CBT occurred before Six Sigma was implemented.

Mr. Reed said because students receive their network access training here, they don't have to do it again when they arrive at their first duty station, improving the process of accessing government computers.

"This makes a customer, our students, better prepared," he said. "It's one less thing we have to worry about in the future because it's being handled now."

Briefly Speaking

Parade to honor local National Guard unit

A Welcome Home Parade is planned for Saturday at 3 p.m. to honor about 90 members of the Battery B, 2nd Battalion, 131st Field Artillery.

The group has spent almost the last year in Iraq as part of the Army's 4th Infantry Division.

The parade will begin at the service entrance of Loop 11 and continue down U.S. 287 to City View Drive. The parade will end at City View High School.

For more information, call Mary Ward at 855-9367 or 704-3729.

Office closures

The Traffic Management Office, passenger services section, is experience a manning shortage that has required the office to reduce their hours of operation.

The office, located in Bldg. 402, room 119, will be closed from 12:30 to 2:30 p.m. Monday, Wednesday and Friday until further notice.

For emergencies, contact Dorothy Smith at 6-7757.

All 82nd Security Forces Squadron staff functions will be closed March 24 at 12 p.m.

The squadron is having a send-off picnic for two groups of SFS members that are deploying to forward locations.

The 82nd Mission Support Squadron will close their doors at 2 p.m. March 22 for a commander's call.

The commander's call will affect the military personnel flight, education office and family support center. In case of an emergency, call 704-5709 or 337-3316.

Commissary special event sale

The Commissary will hold a warehouse sale March 20 and 21.

The sale will be from 8 a.m. to 5 p.m. March 20 and from 11 a.m. to 5 p.m. March 21.

A listing of some of the items that will be available can be found at www.commissaries.com.

For more information, call 6-2901, ext. 0.

Water restrictions still in effect

Despite decent amounts of rainfall over the past couple of weeks, the base and city water restrictions are still in effect.

The following are base water restriction guidelines:

- Military family housing occupants may only water on Monday before 11 a.m. or after 6 p.m.

- All vehicle washing, including car wash fundraisers, is prohibited in military housing and on base. Vehicle wash racks are exempt.

- Military family housing occupants may water newly planted trees on any day if a hand held hose, watering can or 5-gallon or less capacity bucket is used.

For more information, call the 6-5720.

GUARDS

Continued from Page 1

the 82nd Security Forces Squadron. "Out of those incidents, we've caught all but one person.

"If someone is driving more than 5 mph past a road guard, we will issue them a speeding citation. But if they are driving really fast or if they swerve close to a pedestrian, we will issue them a reckless driving citation," Sergeant Borja said. "If it's a civilian or military dependent driving, we will issue them a federal citation."

If a civilian or dependent receives a federal citation, they will have to pay a fine. A point system is used for military personnel, which could result in loss of driving privileges on base.

Sergeant Borja said most of the offenders the security forces members

have encountered are students who are speeding and driving recklessly around other students.

But, from Sergeant Wilhelm's experiences, it has been an equal mix of permanent party, temporary duty and pipeline students.

"I march students early in the morning around 4 a.m., and most of the offenders we see seem to be people who are trying to get to work around Bldg. 1900," Sergeant Wilhelm said.

He attributes most of the offenses to people who are late for an appointment or who just don't want to wait a few minutes to let the students pass.

"Those people who are too impatient to wait are putting young airmen's lives in

danger," said Airman David VanNess, a student in the 882nd TRSS. Airman VanNess knows of the impatient drivers from first-hand experience.

"It's happened to me a couple times. Once, I was walking out, preparing to post and a couple of cars drove past me," he said. "Another time, I about-faced and a car drove right past me.

"Now, I feel nervous when I go out there because there are people in 4,000 pound vehicles that drive past us at more than 20 miles an hour," he said.

Sergeant Wilhelm said although this has been a problem, base officials are working on ways to solve it.

"I've talked with members of the traffic safety council and they are looking

into putting up 'cat's eyes' at the cross walks or install more lighting," he said.

Cat's eyes are blinking lights positioned at crosswalks to get the driver's attention.

Also, security forces randomly patrol areas of the base with radars looking for people speeding, Sergeant Borja said.

"Speeding and failure to stop is a crime," he said. "If you, your wife or a guest witnesses a crime, we encourage you to call security forces and report it immediately."

If you see someone drive past a road guard or pedestrian, try to get their license-plate number, a description of the vehicle and call the security forces at 6-6302.

Team tests WMDs for NBC agents

By Tech. Sgt. Bob Oldham
407th Air Expeditionary Group
Public Affairs

TALLIL AIR BASE, Iraq (AFPN) – To date, no nuclear, biological or chemical agents have been found here, but a team of Airmen stands ready around the clock to check for potential NBC agents, and it now has a controlled facility to perform the tests.

The team, seven Airmen assigned to the 407th Expeditionary Civil Engineer Squadron's readiness flight, determines if an agent is nuclear, biological or chemical.

In the past, suspected agents were tested outside on the ground, potentially contaminating an area of the base. All of those tests were negative. But now, tests can be conducted indoors in a sealed portable building to prevent contamination of the base or the agent itself.

When an agent arrives to be

tested, it is now delivered straight to the test facility.

Within 20 minutes from the start of the first test, Airmen can know if they have an NBC agent.

Sealed inside the room in protective gear, the team's only contact with others is via a hand-held radio. A decontamination kit would be set up outside if a sample tests positive. If a sample is determined to be an NBC agent, the crew will decontaminate the interior of the facility and step out of the facility to be decontaminated.

While one Airman handles the sample throughout the tests, another runs through checklists for each test, ensuring each step is carefully followed.

"The handler's job is strictly the substance," said Senior Airman Joshua Burns, a civil engineer readiness specialist deployed here from Royal Air Force Lakenheath, England. "They should be the only person having direct contact with

the substance that is being tested."

The checklist operator's focus is ensuring each step is followed properly, preventing contamination and maintaining radio contact with the control center.

A third Airman videotapes the procedures, allowing Airmen to review their handling of a sample as well as document the testing process if the result is a positive detection of an NBC agent.

A closed-circuit monitoring system will soon be installed, eliminating the need for an Airman to record the test via video and still photographs.

The first test conducted is to determine radioactivity. Airmen test the sample for alpha, beta, gamma and X-ray radiation. The second test is to determine if the product is a chemical agent.

"The entire time we're testing, we have a sensitive chemical detector on the floor," said Airman Burns. "It's close to

the ground. That way if any vapors are coming off of the substance, there's a chance it's going to pick it up from close to the ground."

Another automated piece of equipment used is a chemical-agent monitor.

"We use that about one inch from the substance," Airman Burns said.

For the biological test, the team uses a testing kit geared toward the eight most likely biological threats for the region. The handler will drop a sample into each tray reservoir and wait for a result. Total time: about 15 minutes.

But what if they think they have something not covered by the kit?

"If we know it comes from a reliable source ... we're going to want the battle lab to take a look at it," Airman Burns said.

The battle lab has more advanced equipment to conduct further tests on a sample. It is at an undisclosed location within Southwest Asia.



Photo by Tech. Sgt. Bob Oldham

Senior Airman Joshua Burns (right) drops samples of a training agent into a biological-testing kit while Staff Sgt. William Hall uses a stopwatch and notifies the control center of the test start time. Airman Burns is deployed here from Royal Air Force Lakenheath, England, and Sergeant Hall is from Aviano Air Base, Italy. Both are readiness journeymen trained to detect nuclear, biological and chemical agents.

SRA promotes safe riding

By Carolyn Knothe
Base Public Communications

Motorcycles are undoubtedly dangerous and require skill and focus to ride them properly.

The Sheppard Riders' Association teaches the skills necessary to be a safe rider by partnering experienced riders with novice cyclists.

"Virtually all mishaps are rider error," Master Sgt. Stephen Sinatra of the Safety Office said. "People complain about their personal protective equipment, but it really boils down to their skill."

There have been several motorcycle fatalities in Air Education and Training Command this year, so a program to teach skills to younger riders was mandated with hopes to make riding safer.

Sergeant Sinatra developed the Sheppard Riders' Association to fill three goals: to create a system to pass information from rider to rider; to create a patch to breed camaraderie; and to create a mentorship program for less experienced riders.

"We have people who have one month of experience and people who have 40 years of experience," Sergeant Sinatra said. "The more experienced riders informally assist the less experienced riders," he added.

The tips are given during "runs," where hands-on training is available.

The Department of Defense has several rules and regulations for motorcycle riders. They include eye protection, regulation helmets and brightly colored shirts or vests to maximize visibility.

"I wear a big purple hockey jersey when I ride," Sinatra said. "It's not cool, but as a member of the Air Force and a motorcycle rider, I have to comply with the DoD regulations."

To join the association or to get more information, call SRA president Master Sgt. Paul Anderson at 6-5254, secretary Tech Sgt. Glen Pugh at 6-4787 or Dave Klepper at 6-1774.

The association's monthly newsletter can be viewed by accessing the 82nd Training Wing Safety Office Web site at <http://webi.sheppard.af.mil/82trwsafety>.



Air Force begins assault assessment

By Master Sgt. Scott Elliott
Air Force Print News

WASHINGTON – Allegations of sexual misconduct at the Air Force Academy and Sheppard Air Force Base, Texas, have prompted the Air Staff to direct an Air Force-wide review of its policies, procedures and victim programs.

Officials at each Air Force major command have formed sexual-assault integrated-process teams to survey and assess the activities at each of their bases, said Maj. Gen. John Spiegel, director of personnel policy at the Pentagon.

"The (officials) put their teams together to go out and assess each of their bases and look at procedures to ensure we have the right mechanisms and policies in place," he said.

Deployed locations will also be surveyed.

"We are concerned about the

medical support that's available ... to ensure that victims are taken care of in a timely and caring manner," the general said.

The teams have until April 9 to turn in their findings, General Spiegel said. Those results will then be compiled into a "game plan" for presentation to the Air Force's four-star generals at the Corona conference in May.

"Sexual assault is a crime. It also breaks down teamwork, unit cohesion and morale," General Spiegel said. "All of that (affects) our readiness, and that's why we find this such a troublesome issue."

The Air Force is not immune to sexual assault because it is reflective of the American society where this too is a problem, the general said.

"We're appalled at the notion of any rapes or sexual assaults in our Air Force," he said. "But we recognize this as

a societal issue as well, and we need to dig into it and figure out what we're doing right, what we're doing wrong, and then fix it."

General Spiegel said the 18 to 25 age group is the one most susceptible to sexual assault, but Air Force training helps offset that trend.

"Our Air Force is probably the safest spot (for them)," he said. "We take America's society, and all the diversity it brings, and we mold and shape these new recruits in basic military training."

"The result of that, the standards we want and expect for our Air Force men and women, is one that is higher than what is in the civil sector," General Spiegel said. "That standard we shouldn't apologize for."

Sexual assault is not just a crime against an individual, but it is also an assault on unit readiness, General Spiegel said.

Heritage Center to expand hours

Base public communication

The Heritage Center is expanding its hours to include Saturday.

The center, affectionately called the "Little Adobe," was home of the Wichita Falls' first airport and a stopping-place for such aviation pioneers as Amelia Earhart and Charles Lindbergh. It will now be open on Saturdays from 10 a.m. to 2 p.m.

The public will also be welcome to visit the center.

"All they need is a driver's license and proof of insurance" to get in through the Missile Road gate, 1st Lt. Laura Renner, a public communication officer, said.

The Heritage Center, while also a museum, has a theater equipped with surround sound, a conference room and a kitchen designed for catered parties. These rooms can be reserved for meetings or social gatherings.

Memorabilia detailing the history of Kell Field, Sheppard and Call Field, the first military aviation base in Wichita Falls, is on display. A doctor's bag and instruments, an aircraft engine and an early x-ray machine are a few of the items.

The center also has a pictorial history of military and civilian flight in the area.

The center's weekend hours are Monday through Friday, 9 a.m. to 4 p.m. For more information, call 6-2787.

Civilians to see more green soon

AIR FORCE PERSONNEL CENTER - Air Force civilian employees will soon see extra money in their paychecks after an executive order was signed by the President March 3 authorizing a pay adjustment retroactive to Jan. 11.

Officials here will begin loading new pay tables into the system beginning March 11. But

as in 2003, not all employees will receive the retroactive pay at the same time.

Most general schedule employees will see the increase plus a retroactive lump-sum in their paychecks by May, said personnel officials. It may take longer for employees who have personnel actions like a promotion or step-grade increase.

Medical Special Rate employees records will be updated beginning March 19.

The increase averages .9 percent in locality pay, plus a 1.2 percent increase in base pay. To view locality pay increases for general schedule employees, please visit

www.opm.gov/oca/comp-memo/2004/ATT2-04.asp.

Leave donations help mother during crisis

By Kari Tilton

Ogden Air Logistics Center Public Affairs

HILL AIR FORCE BASE, Utah -- In March 2003, Stacy Davenport delivered twins, one boy and one girl, but they were four months early.

Brady, the boy, weighed 1 pound, 6 ounces, while his sister, Grace, weighed only 1 pound, 1 ounce.

Two days after they were born, Brady died. Doctors said the next several days were critical for Grace. Her tiny body was full of IVs, and she was living on a respirator.

Grace is alive and well now, but at the time Mrs. Davenport feared for her daughter's life. While dealing with this and the loss of her son, the last thing she needed to worry about was her paycheck. Thanks to the Federal Voluntary Leave Transfer Program, she did not have to.

"I had only worked at Hill for one short year when confronted with these challenges," said Mrs. Davenport who works in the maintenance directorate here. "My annual leave was used up very quickly."

Mrs. Davenport said her supervisor filled out the leave-donation application paperwork on her behalf, and it was not long before donation hours came pouring in.

"They came from friends, family and even strangers," she said. "I had no idea people could be so generous to someone they hardly knew. (My husband and I) were completely overwhelmed by the generosity of all the wonderful people at Hill that we have come to call friends."

The leave-sharing program allows civilian employees to



Courtesy photo

Grace Davenport, 2 weeks old, sleeps during an extended stay in a hospital neonatal intensive care unit here. Grace was born four months premature, along with a twin brother who died two days after birth. Her mother, Stacy Davenport, received donated leave during this time through the Federal Voluntary Leave Transfer Program. Mrs. Davenport works in the maintenance directorate at Hill Air Force Base, Utah.

donate annual leave to benefit other employees whose annual and sick leave has been exhausted because of a medical emergency.

The Davenports are among the nearly 200 base employees who rely on the voluntary leave-donation program each year. In 2003, employees here donated more than 20,500 hours of leave. Each base has its own independent program.

"We always need people to donate," said Tammy Smith, an employee-relations assistant here.

Employees needing leave are only eligible after they have exhausted all or nearly all of their own time, both sick and annual, Ms. Smith said. Not all medical conditions are eligible to receive leave donations. Pregnancy and elective surgery, for instance, are not covered,

but complications during a pregnancy and nonelective surgery are.

If a person knows, in advance, that a medical procedure will consume their earned leave, they can get set up on the program ahead of time, Ms. Smith said.

The average employee's donation to the program is about one working day's worth of time, and all donations are held in strict confidence, Ms. Smith said. Those benefiting from donations are never told who donated and how much they gave.

For more information, contact Sheppard's Federal Voluntary Leave Transfer Program representative Barbara Schoyen at 6-4644.

(Courtesy of Air Force Materiel Command News Service.)

Life is what you make it

By Jessica Weiss

Base public communication

Life is good for Peggy Anderson.

That's because she decided it was going to be good.

Mrs. Anderson is a prime example of how one can rise above life's circumstances and succeed in whatever is handed down.

Born and raised in Los Angeles, Mrs. Anderson decided at the age of 21 that she didn't want to remain stuck in the big city for the rest of her life. She wanted to travel and see the world.

That's when "the Blue" came calling.

Mrs. Anderson broke the mold in her family and was the first daughter of four to join the Air Force. Travel the world she did — Belgium, Italy and Washington, D.C. are just a few of the places she has been stationed throughout her career.

After serving for 22 years in the Air Force, she retired and became a contract airfield manager here.

Her retirement from the Air Force didn't spell the end to what the military has taught her. In

fact, what she learned in the military very much defines who she is today.

"The core values that I learned while on active duty still govern how I handle my personal as well as professional affairs," she said.

Mrs. Anderson had some strong role models, while growing up that supported her decision and helped spur her onto success. Both her mother and grandmother were strong women who influenced her character.

Today, Mrs. Anderson has added Oprah, Lt. Col. Nancy Kunkel and Col. Beverly Wright to her list of admirable women.

When asked what inspires her most, Mrs. Anderson replied, "The positive spirit of humanity in spite of the world's ills. It's so very easy to be a cynical pessimist."

Her mantra is to have faith in oneself and always be persistent in everything one does.

"I always reflect on how fortunate I am in life to be doing a job I absolutely love with people who are all working toward a common objective — successful mission accomplishment, whatever that may be."

Mission: Accomplished.

Think before you drink. Hand your keys to a wingman. If not, call Airmen Against Drunk Driving at 6-AADD for a ride home after a night out.

March activities to celebrate Women's History Month:

■ Wednesday: Women's Flight into History social, 1 to 3 p.m. in the Heritage Center.

■ March 24: Women's History Annual Award Luncheon, 11:30 a.m. to 1 p.m. in the officers club. Speaker: Cheryl Simon, 364th Training Squadron.

For more information, call Sherry Murray-Garrett at 6-7173.

U.S., Philippine servicemembers dance night away during exchange

By Cpl. Trevor Carlee

Courtesy of the Marine Corps
News Service

PUERTO PRINCESA CITY, Palawan, Republic of the Philippines -- As the orange sun began to set, the music continued to flow and the audience was in no rush to leave.

Nightfall did not keep the 570th Composite Tactical Wing Band, Philippine Air Force, from playing throughout the evening during the cultural exchange here.

The event was held for U.S. personnel who arrived in advance to begin preparation for the arrival of follow-on forces, along with the Armed Forces of the Philippines, for Exercise Balikatan 2004.

The band was only part of the entertainment provided for the event. Philippine military and family members also performed cultural dances and songs for the Americans and Filipinos.

The event was coordinated by U.S. Marine Master Gunnery Sgt. Alejandro Antonio, operations chief, 4th Marine Division, currently attached to 3rd Marine

Expeditionary Brigade.

Antonio explained that the event was held to build better relationships between the U.S. and Philippine servicemembers and their families.

"We also wanted to give the Marines a nice break," said the Davao City, Mindanao, native. "They've been working for the past three days and we figured it would be nice to have a little fun with the Filipinos one night before we go to work again."

Exercise Balikatan 2004 is an annual U.S. and Republic of the Philippines bilateral combined exercise, which will be held in the Philippines Feb. 23 - March 7. The exercise will improve combined planning, combat readiness and interoperability of U.S. armed forces and the Armed Forces of the Philippines.

"So far this exercise has been fun," said U.S. Marine Pfc. Kofi Afreh, food specialist, 7th Communications Battalion, 3rd Marine Headquarters Group, III Marine Expeditionary Force, a native of Ghana, West Africa. "We work hard and we play hard. You just have to find time to have fun. I'm having a great



Photo by Marine Cpl. Trevor Carlee

U.S. Marine Lance Cpl. Matthew Baty, typographical analyst, 3rd Intelligence Battalion, III Marine Expeditionary Force, dances the night away with Airwoman Maritess Cedeno, enlisted Air Force, 570th Composite Tactical Wing, Philippine Air Force, during the cultural exchange in the Philippines.

time so far."

While the exercise has not

yet started, the servicemembers here have been spending the past few days setting up and interacting with the Philippine troops.

"This (cultural exchange) is a nice change of pace," said U.S. Marine Cpl. Jared Herrle, small computer systems specialist, G-6, III MEF. "It brings everyone together and allows us to have a good time."

Herrle also participated in the music performance in the beginning of the evening by playing the bass guitar along with the 570th CTW Band.

"I've been playing (bass guitar) since I was in the fourth grade so when I saw it, I had to come over and ask to play," the Medina, Ohio, native, said. "I had a lot of fun."

As the band played through the night, the U.S. and Philippine servicemembers boogied on the dance floor and experienced Filipino culture until the party's light went out.

Friends, family of USS Enterprise share homecoming on Tiger cruise

By Journalist Seaman
Richard Locklear

USS Enterprise Public Affairs

ABOARD USS ENTERPRISE, At Sea -- As the deployment of USS Enterprise ended Feb. 29, its crew hosted a "Tiger Cruise" for family and friends to give them a taste of life aboard a U.S. Navy aircraft carrier.

Approximately 1,500 new Enterprise, also known as "Big E," shipmates embarked for the final leg of the journey home from Mayport, Fla., to the carrier's homeport of Norfolk, Va.

According to Big E's Tiger Cruise coordinator Lt. Curness Pierre Russell, the Tiger Cruise was a chance to show off the ship to proud family and friends while highlighting Big E's contributions to the global war on terrorism.

"We thought this would be an opportunity to show the flag and let our friends and families witness what we've been doing out here these last six months," he said. "And I can't think of a better recruiting tool for the young people who are potential future Sailors."

"We brought our families on board who have supported us and made sacrifices of their own while we were gone, to show them the skills and training we've used in defense of this country against terrorism," said Capt. Eric Neidlinger, Big E's commanding officer.

"And they loved it. Now many of these people who have never had any connection with the military before, other than the people on this ship, have a better understanding of the hard work and professionalism these Sailors and Marines have dis-

played throughout the deployment," he said.

While embarked, the Tigers observed a variety of events, including an air show featuring aircraft launches and recoveries, a 50-cal. machine gun live fire exercise, tours of the ship and a game of bingo broadcast over the ship's television system, with prizes awarded to the winners.

For the Tigers, experiencing the Navy way was exciting. "I really enjoyed seeing the air show and also seeing up close what my daughter has been doing these past six months," said Francine Morel, mother of Storekeeper 2nd Class (AW) Jezabel Welch of Carrier Airborne Early Warning Squadron (VAW) 123.

"My favorite part of this Tiger Cruise experience was when I first came on board in Mayport and saw a young Sailor reunited with his wife for the first time," said Willie Miller, father of Machinist's Mate 3rd Class Willie Miller Jr. of Big E's Engineering Department. "They just stood there and hugged each other for the longest time. It was nice."

The Tiger Cruise allowed Big E's Sailors and Marines a chance to introduce their loved ones to the shipmates they've served side-by-side with for the past six months.

For the families and friends, it was an early reunion. For all hands, the Tiger Cruise meant one thing--Enterprise is home.

For related news, visit the USS Enterprise (CVN 65) Navy NewsStand page at www.news.navy.mil/local/cvn65.

(Courtesy of Navy News.)



Photo by Marine Cpl. Trevor Carlee

Marine Cpl. Jared Merrle, small computer systems specialist, III Marine Expeditionary Force, plays the bass as Philippine Air Force Sgt. Frederick Ybanez, instrumentalist, 570th Composite Tactical Wing Band, strums the guitar and sings with the rest of the band.

**Conserve energy.
Turn your computer
monitors off when
not in use.**

Sheppard Senator

Sheppard Senator

Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander

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Commander's Corner



Photo by Airman 1st Class Jacque Lickteig

Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, present the Air Force Achievement Medal citation to 2nd Lt. Ellen

Harr, 82nd TRW Public Communication. Lieutenant Harr departs Sheppard today for Lackland Air Force Base, Texas.



Not wearing a seatbelt can strip privileges

Tech. Sgt. Gerardo Delagarza
82nd Training Wing Safety Office

Did you know safety belts save an estimated 9,500 lives each year?

Did you also know three of five people killed in vehicle accidents would have survived their injuries had they been wearing their seat belts?

Probably not, however, I bet

you do know Sheppard has a zero-tolerance policy for unrestrained motorists.

Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, has made it very clear all operators and passengers will comply with AFI 31-204, Air Force Motor Vehicle Traffic Supervision, by properly using safety restraints.

Failure to comply with this

policy will result in the following:

■ First offense - loss of driving privileges for one week.

■ Second offense - loss of driving privileges for one month.

■ Third offense - individual, along with supervisor and commander, will report to General Rooney.



Photo by Staff Sgt. Lanie McNeal

Daddy's home

DAVIS-MONTHAN AIR FORCE BASE, Ariz. -- Airman 1st Class Ryan Bryson hugs his son, Chad, for the first time in four months.

Airman Bryson returned from Iraq on March 6 where he supported Operation Iraqi Freedom.

We're all ambassadors! Let the world know the best of us

By Brig. Gen. Arthur Rooney
82nd Training Wing commander

In this month's Worth magazine, Michael Z. Wise, discusses the U.S. State Department's efforts to confront anti-Americanism around the globe using authors, musicians, actors and sports figures as "ambassadors."

Participants are part of a worldwide series of government-sponsored performances, classes, workshops and panels aimed at "turning leading exponents of American creativity into inspirational mentors for young foreigners," Wise wrote. Our ambassadors are reinforcing the uniquely American values of personal freedom, upward mobility and democratic openness.

The benefits of this "cultural diplomacy" are many. Human interaction and person-to-person communication is a powerful way to cultivate positive images of the American people, democracy and freedom.

We're all aware of the distorted view that foreign consumers of American pop-culture have of us; contrary to our television programs, Americans don't all live on the beach or have a zip code 90210, drive sports cars and own mansions.

By harnessing the power of the arts, our "ambassadors" help to break down stereotypes and combat disinformation, while keeping the lines of communi-

cation between the United States and other nations open and clear. The strongest military in the world can win wars, but as Mr. Wise pointed out, the American spirit wins the hearts and minds of our foes:

"When measured in military power, U.S. strength in unparalleled. But while this may evoke fear and respect, it does not necessarily engender affection. The vitality and ingenuity of American artistic creation and ideas are a well-spring of inspiration."

By helping present a realistic picture of democracy's benefits, they offer a way to export hope instead of fear."

At Sheppard, you, too, are an ambassador.

Every time you step off base, people know you represent the proud tradition of the US military. Whether it's your haircut or simply your demeanor, some people just "look military." That's a real compliment.

It means that our members conduct themselves with dignity and class. When you interact with people in the community, you're representing all of us.

One program that really focuses the power of personal interaction is mentoring. I encourage you to become a mentor to a young child, a co-worker or someone in need. Just like the U.S. State Department abroad, we can make a big difference in the lives of people right here in

Texoma.

Already, over 100 members of Team Sheppard have volunteered their time to mentor students at local schools. If you'd like to become an ambassador to Texoma, call 6-6424 for more information.

Another way that you can export our values is by volunteering with the Company Grade Officers Council, Non-Commissioned Officers Association, the Top-3, Junior Enlisted Troops Service, the Air Force Association or your squadron booster club.

All of these organizations, and more, are on-base groups that are committed to helping our community through positive programs and events.

In your section, are you an ambassador? If so, you're exporting the values of integrity, service and excellence in all of your interactions. Whether its helping a customer or completing an important project, everything you say and do speaks volumes about the uniform you wear.

When you go about your day-to-day duties, remember that you are an ambassador. Remember to present yourself, your section and the military as a positive force in the community.

We're all in the business of "brand-management" (to use a marketing term), so lets ensure that each of is an "ambassador" everyday.

Soundoff

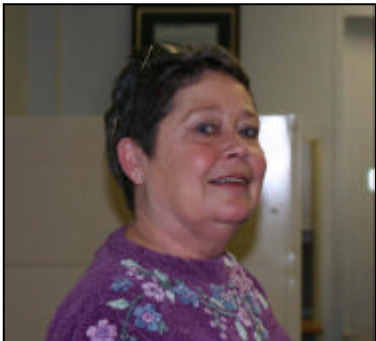
What base traffic-safety precaution is most important?



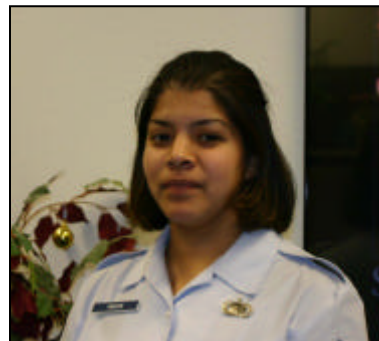
"Obeying the speed limit." ~ Senior Airman Roman Reyes, 366th Training Squadron



"The crosswalks. We have so many people who walk." ~ Maj. Roger Benjamin, optometry clinic



"Seatbelts. They'll save your life." ~ Becky Haynes, 82nd Comptroller Squadron



"Looking both ways before crossing the street." ~ Staff Sgt. Irene Rincon, 882nd Training Group

Action lines

Student running route

Question: You advertised a new student running route in the Sheppard Senator and informed all workers that they should find a new way to get to and from their duty sections during the run. What you failed to do is provide a way for the workers at the air traffic control tower and the base Fire Station to get to and from their duty sections during the run. This is unacceptable.

Answer: I apologize for any inconvenience that the change in run route has caused you and your co-workers, but I can assure you that it is

a temporary measure. The change was necessary due to construction along the normal run route, but the situation should be resolved by May 1 as the new 1-mile track is completed. Additionally, I will continue to make every effort to minimize the amount of time you are inconvenienced each day.

If you feel that your day's activities will require you to arrive or depart during the normally scheduled run times, I would recommend that you use the parking lot at Bldg. 1900 to avoid delays created by the run. If you find there is an emergency requiring you to exit the air traffic control parking lot

during the run, notify the military training leader or road guard on duty closest to you, and they will clear a path for you. Again, please limit this exit to emergency situations only.

Black birds

Question: Is there anything being done about the swarm of black birds on Sheppard?

In the morning hours, there are as many birds on trees and grass on the base, especially Avenue J and the running track area, as there would be leaves in the spring. It is like an Alfred Hitchcock movie. They defecate on vehicles, sidewalks,

grass, and if not careful, on personnel, which is not the best way to put our best foot forward for inspections, visiting dignitaries and students.

A couple of suggestions would be to implement a full BASH program for the entire perimeter of the base, not just the flight line; bring trained predators to Sheppard, such as hawks, eagles, falcons, or in the more drastic approach--poison them, shoot them, trap them and just get rid of them.

Answer: Good question. This is the time of year, we begin to see the migration of

large flocks of grackles and blackbirds in this area. Trees have been pruned and some even removed to reduce canopy space they require to roost. Methods used include: Mylar tape and compact discs, artificial predators, tree netting, fire trucks to spray the birds and traps. Pyrotechnics have not been used since this would disturb the occupants' peace at these locations. Shooting has been limited to the flight line during non-flying times for safety reasons. Poison has not been used for two reasons. The first is these birds roost here but feed off base. This would require placing baits off base on

private property. As the spring temperatures begin to warm up, a good many of the birds will once again head north. I have recently authorized the hiring of a wildlife manager to address this and other bird strike hazard issues.

As you can see this problem is quite complex, but I will continue to work the issue to bring relief to this unpleasant situation.

Submit your questions and concerns to action.line@sheppard.af.mil or call 6-2000. Your submission may be printed in The Sheppard Senator.



Photo by Airman 1st Class Jacque Lickteig

Painting 101

Margaret Hall Hoybach, water color artist, describes how she painted some paintings in her book. Mrs. Hoybach spoke and paint-

ed at the Women's History Committee's Lunch and Learn Wednesday at the officers club.

Chapel Schedule

Worship Services Catholic services

Saturday

Confession: 4 to 4:30 p.m. (north chapel)

Mass: 5 p.m. (north chapel)

Sunday

Mass: 9 a.m. and noon (north chapel)

Religious education: pre-kindergarten through adult: 10:30 to 11:40 a.m. (Bldg. 962)

RCIA: 1:30 to 3 p.m. (Bldg. 962)

Daily Mass

Tuesday, Wednesday and Thursday: 11:30 a.m. (south chapel)

Protestant services

Sunday

10:30 a.m. Community Worship (north chapel)

10:30 a.m. Inspirational Gospel Worship (south chapel)

10:30 a.m. Holy Communion Worship (Solid Rock Café)

Protestant Parish Ministries

Protestant Men of the Chapel: Saturday, 6:30 a.m. (south chapel)

PMOC Breakfast/Fellowship Feb. 14, 8 a.m. (Golden Corral)

Weekday Bible studies: Tuesday, 6 p.m. and Thursday, noon, (south chapel)

Protestant Religious education

Sunday school: pre-kindergarten through adult, 9 a.m. (Bldg. 962)

Tuesday Bible study, 6 p.m. (south chapel)

Thursday, noon Bible Study, lunch provided (south chapel)

Protestant Women of the Chapel Thursday Bible study, 6 p.m.

Protestant Men of the Chapel Tuesday Bible study, 6 a.m.

For more information, call 6-4370.

In FILM



Calender Girls (PG-13)

Today at 6:30 p.m.

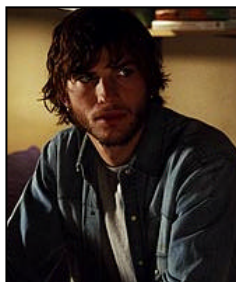
Julie Walters, Helen Mirren - Eleven middle-aged women pose naked for the Women's Institute annual calendar to raise money for medical research for one woman's husband who becomes terminally ill from leukemia.



The Big Bounce (PG-13)

Today at 9 p.m. and Saturday at 2 p.m.

Owen Wilson, Morgan Freeman - Jack, a likeable drifter whose talents lie outside the law, heads for Hawaii hoping a change of scenery will bring him luck. On Oahu, he soon discovers that whether he is looking for a new con or a little romance, temptation is everywhere.



The Butterfly Effect (R)

Saturday at 7 p.m. and Sunday at 2 p.m.

Ashton Kutcher, Amy Smart - Evan is an emotionally conflicted man dealing with suppressed childhood memories. Clearly enough, he discovers a way to travel back in time, but his different actions in the past have enormous ramifications for his future/present.



The Perfect Score (PG-13)

Saturday at 4:30 p.m., Sunday at 4:30 p.m. and Thursday at 6:30 p.m.

Scarlett Johansson, Erika Christensen - Six high school students band together and develop a plan to steal the answers for the S.A.T. in order to prevent the test from unfairly defining who they'll become.

Sheppard Spotlight 15 lines of fame

1. **Name:** Michelle Negich

2. **Rank:** Airman

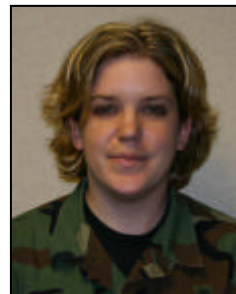
3. **Organization and position:** 882nd Training Support Squadron, computer support technician

4. **Hometown:** Alexandria, Ky.

5. **Married or single:** Single.

6. **Hobbies:** Shoot pool, travel and watch movies.

7. **Funniest childhood memory:** When I was a kid, we had this basset hound named Stubbles, and he always tried to get out of our fenced yard. Well, one day he did and went down about a block to the corner store. He came running out with a bag of donuts in his mouth, and the clerk chased him out.



Airman Michelle Negich

8. **Why did you join the Air Force?** I want to continue my college education, and I also want to travel.

9. **Why do you stay in the Air Force?** Well I've only been in for a little more than a year. So far, I haven't made a decision whether or not I'll re-enlist. My goal is to get my master's in computer science.

10. **Date arrived at Sheppard:** January 2003.

11. **Most rewarding aspect of your job:** I learn something new every day. When I first started, I knew nothing about computers.

12. **Favorite book or movie:** Favorite movie is "Fast Times at Ridgemont High."

13. **What is your dream vacation?** Going to the Bahamas.

14. **If you could be anyone for one day, who would you be?** Probably Cameron Diaz. She just has that laid-back attitude as if she doesn't have any stress or worries.

15. **Most prized possession:** I have this rosary that my aunt brought back from Ireland that is blessed by the pope.

Community

Lake Texoma in March

Spring Break brings fishing, boating and St. Pat's Party to the lake.

There will be a St. Patrick's Day party at the Lake on Saturday, and Lake Texoma will have a live band with St. Pat's Irish days on tap. Come and kiss the blarney stone, dance a jig or sit and listen to one of our new bands. Call (903) 523 - 4613 for reservations.

Club activities

2004 air force club membership scholarship program

The 2004 Air Force Club Membership Scholarship Program is offering scholarships to club members and their family members who have been accepted in or enrolled in an accredited college or university for entry during the fall of 2004 term as a part-time or full-time student.

Six scholarships will be awarded which include First Prize: \$6,000; second: \$5,500, third: \$4,500, fourth: \$3,500, fifth: \$3,000 and sixth: \$2,500.

Entrants must provide an essay of 500 words or less on the following topic:

"What Freedom Means to Me." They must also include a single-page summary of their long-term career and life goals and previous accomplishments.

All entries must be submitted to the officers' club by July 12.

"Give Away the Green" bingo

The enlisted club will give away \$6,200 in total prize money at the "Give Away The Green" bingo on Tuesday at 7

p.m. The doors will open at 5 p.m. All ranks are welcome. Entry is free for members and \$5 for non-members. Participants must pay for bingo packages. For more information, call 6-2083.

Comedy night and all-nighter

The enlisted club will host a comedy night at 9 p.m. followed by an all-nighter Thursday. The doors will open at 8 p.m. The cost for the comedy show will be \$5 for members and \$10 for non-members. The cost for the all-nighter is free. The club will close at 4 a.m. For more information, call 6-2083.

ITT

Six Flags trip

ITT is offering a Six Flags trip on April 17. The cost is \$45 per person and includes transportation and admission. The cost for season pass holders is \$18 for transportation. The tour will depart the community center at 7:30 a.m. and depart Six Flags at 6 p.m. Register by Saturday. For more information, call 6-2302.

Six Flags season passes, hotels

ITT is currently selling Six Flags season passes for \$49. They also offer discounted rates at the Sheraton Market Center Dallas for \$54 per night, the Westin City Center Dallas for \$89 per night, the Adams Mark Hotel Dallas for \$89.00 per night, the Holiday Inn Select North Dallas for \$55 per night, the Red Roof Inn DFW Airport for \$39 per night, the Fairfield Inn Las Colinas for \$44 per night and the Fairfield Inn's Jacuzzi Suite for \$54 per night.

For more information, call 6-2302.

Student stuff

St. Patrick's Day Dance

Club BDU will host a St. Patrick's Day dance Thursday from 7 p.m. to 1 a.m. There will be a four-leaf clover drawing for prizes. The cost is \$4 per person. For more information, call 6-7659.

FITS

Every Saturday, the north fitness center offers activities for students.

Saturday - Ultimate Frisbee beginning at 10 a.m.

For more information, call 6-4808.

Student ministry

Solid Rock Cafe (Bldg. 450)

Monday through Thursday, 7:30 a.m. to 9:30 p.m., Friday, 7:30 a.m. to 11:30 p.m., Saturday, 1 to 11:30 p.m., Sunday, 1 to 9:30 p.m.

Sunday Protestant Bible study, 4 p.m.

Contemporary Praise Worship Service, 5 p.m.

Holy Communion Worship, 10:30 a.m., Praise and Prayer, Wednesday, 8 p.m.

Students Awaiting Training classes, Tuesday and Thursday, 8:15 to 10 a.m.

Chapel Ropes Meeting, Tuesday, 11 a.m. to noon and 4:15 to 5 p.m.

Parents and Tots, Monday, 1:30 to 2:30 p.m. and Tuesday, 10 to 11 a.m.

Praise Band Rehearsal, Saturday, 10 a.m. to noon

Solid Rock Saturday Meal, 6:15 p.m. Saturday.

Your story or announcement could go here. E-mail Sheppard Senator submissions to sheppard senator@sheppard.af.mil the Friday prior to the publication date.



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Sheppard Sports



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March 12, 2004



Marvin Baker, 383rd Training Squadron, lays in two of his five points as Dave Komandt defends him during the men's over-30 basketball playoffs at the south fitness center

Photo by Senior Airman Chris Powell

383 TRS dominates 366 TRS in over-30 basketball playoffs, 64-31

By Senior Airman Chris Powell
Senator sports editor

The 383rd Training Squadron blew out the 366th Training Squadron 64-31 Monday in the first round of the men's over-30 basketball playoffs at the south fitness center.

With the win, the 383rd TRS moves on to the next round of the playoffs while the 366th TRS has to battle it out in the loser's bracket.

"We were able to win this one because we played good together and weren't selfish with the ball," said Marvin Baker. "We were able to get a lot of easy layups rather than shoot jumpers, so that helped us out a lot."

"Also, it was a really physical game, but it was a lot of fun."

To say it was a physical game may be a bit of an understatement. Players were taking fouls left and right, but the referees were letting them play.

From early on in the game, the 383rd TRS outshot the 366th TRS. After an easy layup by Kenneth Randell, the 383rd TRS was leading 14-7 with more than 12 minutes in the first half.

Johnny Williams hit a two-pointer at the 9:40 mark to close the gap to 11-16, but the 383rd retaliated with several quick shots to increase their lead to 21-11 with 8:10 left.

At the close of the first half, the 383rd was able to add another point to their lead after a layup by Randell to bring the score to 33-22.

At the start of the second half, things looked good for the 366th for about 30 seconds. Williams was able to hit the half's first two pointer to make the score 33-24. But after several turnovers by the 366th, their deficit increased to 18 points with the score 42-24 with more than 14 minutes left in regulation.

"We need to continue to play good defense and take care of the ball to get deep in the playoffs," Baker said.

High scorers for the 383rd were Randell with 18 points, Maurice Mays who dumped in 11 points and Samuel Wakefield with 10 points.

Williams ended up with 15 points for the 366th, and James Tegreen and Mike Castellon each poured in 6 points.

Sports Briefing

Special Olympics volunteers

Special Olympics needs volunteers to help set up and/or tear down for the event April 24.

If interested, contact your unit's Special Olympics POC by April 6.

Link Up 2 Golf

Learn to play golf by attending the free orientation Link Up 2 Golf at 8:30 a.m. and 4:30 p.m. Tuesday.

Refreshments will be served. For more information, call 6 - 6369.

Shoot for the Pot of Gold tournament

The Shoot for the Pot of Gold tournament is at 10 a.m. March 20 at the skeet range. Cost is \$20 per person.

The grand prize winner will get a cash prize. The participant who has the best overall score wins. Also, there will be a pig roast at noon.

People can register from 4:30 to 8 p.m. Thursdays and 9 a.m. to 5 p.m. on the weekends at the skeet range.

Spring Break Camp

The Spring Break Camp is from 7 a.m. to 1 p.m. Monday to Friday at the Madrigal Youth Center for youths 9 to 14 years old.

The cost is \$30 for members and \$40 for non-members. Activities will include archery, home and kitchen fire safety, health and nutrition, cooking and bowling. People can register now at the Madrigal Youth Center.

Ultimate Freesbee

Students can play Ultimate Frisbee Saturday at the north fitness center.

Student volleyball

There is a free volleyball contest at 10 a.m. March 20 at the north fitness center.

Lose weight with TOPS

People who are interested in losing weight can join TOPS, or Take Off Pounds Sensibly, at 6 p.m. Thursdays at the health and wellness center.

People can call Vernie Nordstrom at 855-4308 for more information.

Archery camp for ages 9-15

There is an archery camp Monday through Friday for people ages 9 to 15. Cost is \$5 for members and \$10 for non-members.

The camp will be taught by a certified instructor from the National Alliance for the Development of Archery.

Participants will learn safety, proper use of equipment and fundamentals of archery. Actual hands-on participation will be included in this instruction. All equipment will be furnished. Classes will be for two hours a day.

For more information, call contact the Madrigal Youth Center at 6-5437.



Photo by Danny Meyer

U.S. AIR FORCE ACADEMY, Colo. – Air Force senior guard Tim Keller spoils the shot of San Diego State forward Chris Walton, during the Falcon's 61-49 win over the Aztecs. With the win, Air Force boosted its conference record to 11-2 and its overall record to 21-5, winning its first Mountain West Conference championship in men's basketball. The Falcons close out regular season play March 6 at the University of Wyoming.

Falcons clinch first-ever conference title

Courtesy of the Air Force Academy News Service

History came in and overtook the Air Force men's basketball team at Clune Arena Monday night, which is more than can be said for the other seven teams in the Mountain West Conference.

Nick Welch scored 17 points and Air Force's stifling defense shut down San Diego State 61-49 Monday to complete an undefeated home season and clinch its first-ever conference title. The Falcons (21-5, 11-2 MWC) had never before finished higher than sixth place, when it was in the Western Athletic Conference.

The victory moves Air Force, which was picked to finish last in the MWC preseason poll, closer to its first postseason appearance since the 1962 NCAA Tournament. History is on their side, as the only other outright champion (Wyoming in 2001-02) and all but one of the teams to tie for the championship the other three seasons have advanced to the NCAA Tournament.

Air Force played its typical game Monday, which was the final home game for seniors Marcus Jenkins, Joel Gerlach and A.J. Kuhle. They did not disappoint the 5,811 fans that came out on this historic night. Gerlach scored 14 points and tied his season-high with four 3-point

ers, while Kuhle scored just two points but dished out a career-high 11 assists, five more than the entire San Diego State team. Welch added a team-high seven rebounds.

The Falcons made a season-high 13 three-pointers and committed just 10 turnovers, nine less than the Aztecs. Air Force's guard duo of Tim Keller and Antoine Hood scored 12 points apiece.

The nation's leading defense held SDSU's Brandon Heath scoreless and allowed Chris Walton just two points. Heath went into the game averaging 14.5 points and Walton was averaging 8.8. Aerick Sanders led the Aztecs with 15 points, followed by Wesley Stokes with 13.



Tony "The Sarge" Schumacher, who drives the Army's dragster for the National Hot Rod Association (NHRA), shakes hands with Spc. Lance Gieselmann of the 4th Infantry Division's 367th Armored Brigade. Schumacher and Joe Nemecek, who drives for the Army's National Association for Stock Car Auto Racing (NASCAR) team, recently visited Walter Reed Army Medical Center to thank wounded Soldiers for their service. Gieselmann, an armor crewman, was severely wounded by a remote-controlled bomb on a road about 55 miles north of Baghdad.

'The Sarge' wins season opener at Pomona

Courtesy of Army Public Affairs

POMONA, Calif. – Tony "The Sarge" Schumacher captured the K&N Filters Winter Nationals Feb. 29 at Pomona Raceway with a final-round victory over Doug Kalitta.

The driver of the United States Army Top Fuel dragster ran off a string of 4.4-second passes in the opening three round of eliminations before taking out Kalitta after the latter broke at the starting line.

"Sometimes it's better to be lucky than good," said the Chicago native after recording a problem-laden 4.659-second run at 243.55 mph in the finals. I'm not sure what happened to Doug, but I wasn't shy about taking a single run. We got one from the 'luck bank' today. We were running real well to half-track and then the engine just laid over. Knowing I was on a solo, I just shut it off so we wouldn't oil the track down and be penalized points. Despite that, this is such a great win for the Army team."

After qualifying second, Schumacher's Army dragster posted a 4.451-second run in a first-round win over Rhonda Hartman-Smith, then banked a 4.486-second pass in a second-round victory over David Baca. He followed that performance with a 4.474-second jaunt in a semifinal win over Brandon Bernstein.

"We really had an outstanding car all weekend," added the 1999 Top Fuel world champ. This Army team did what they needed to do. They kept reminding me to be a machine each round."

This was Schumacher's 12th career win and his first at Pomona Raceway.

"I've been wanting to win here so bad ever since I started coming here," Schumacher said.

"The place has so much history. You want to be on that list of winners. It's that special."

Schumacher now heads for Firebird International Raceway in Phoenix next weekend for the Checker Schuck's Kragen Nationals as the Top Fuel point leader. It's the first time he has led the points since the U.S. Nationals in 2000.

"It's great to be in the points lead, but there are 22 races to go," he said. We have a long season ahead. We'll take them one at a time."

Bowling

For more information, call 6-2170.

Moonlight Colorama Tournament

The Moonlight Colorama Tournament is at 7 p.m. March 20. Cost is \$13 per person.

Combo bowling held every Thursday

Combo bowling will be held every Thursday at 12:30 p.m. at the south lanes.

For more information, call Donna Dobbins at 569-2430 or Vivian Umlah at 569-1619.

Rock It Bowl at the north lanes

A glow-in-the-dark Rock It Bowl takes place every Friday and Saturday night from 5 to 11 p.m. at the north lanes.

Bowling League

Team	Won	Lost
82 COMM "A"	125	59

Team	Won	Lost
365 TRS "C"	122	62
82 CPTS	109	75
363 TRS "Ammo"	108	76
364 TRS "A"	105	79
80 FTW "A"	105	79
882 TRG	103	81
187 Med Bn	103	81
366 TRS "A"	103	81
360 TRS	100	84
382 TRS "A"	100	84
365 TRS "B"	98	86
Bowling Pro Shop	93	91
82 CES	91	91
82 MSS/SVS	91	93
362 TRS "A"	90	94
383 TR	90	94
361 TRS	87	97
381 Med Red	87	97
365 TRS "D"	86	98
363 TRS Armament	86	98
362 TRS "B"	82	102
82 Services Squadron	80	104
382 "BMET"	80	104
364 TRS "B"	75	109
82 CS "B"	64	120
82 SFS	62	122
80th OSS	51	133

Fitness center

For more information, call 6-2972.

Fit To Fight timed run

The first free Fit to Fight Bi-Monthly 1.5 mile timed Fun Run is at 11:30 a.m. and 3 p.m. Wednesday.

Intramural Volleyball

Intramural volleyball will start March 29 with a pre-season tournament scheduled from March 22 to 24.

Aerobiccenter offers classes

The aerobiccenter, located in the south fitness center, offers coed aerobics classes seven days a week. Call 6-2972 for more information.

Abdominal class

Monday, Wednesday and Friday at 11 a.m.
Monday through Friday at 8 p.m.

Aerobics
Monday at 7:15 a.m.

Step aerobics
Tuesday and Thursday at 5:30 a.m.

Body pump
Tuesday and Thursday at 9:15 a.m.
Thursday and Saturday at 11:30 a.m.

Yoga and pilates
Monday and Wednesday at 10:15 a.m.
Wednesday at 5 p.m.
Thursday at 6 p.m.
Saturday at 3 p.m.

Basic step
Monday, Wednesday and Friday at 7 p.m.
Sunday at 2 p.m.

Kickboxing
Tuesday and Thursday at 7 p.m.
Sunday at 3 p.m.

Intermediate step
Saturday at 10:15 a.m.
Wednesday at 6 p.m.

Advance step
Monday, Tuesday at 5 p.m.

Combo step
Monday, Wednesday and Friday at 11:30 a.m.

Youth center

For more information, call 6-2342.

Archery camp

There is an archery camp March 15 to 19 at the Madrigal Youth Center for people ages 16 to 18 years old. Cost is \$20 per person.

There are only a limited number of slots available.

Participants do not have to have experience in archery. They will learn safety guidelines, how to shoot, how to set up an archery range, how to maintain and repair equipment and how to coach beginners.

TSTV schedule

Informative, educational and entertaining programming is available 24 hours a day, seven days a week on Team Sheppard TV, channel 14. In addition to Department of Defense productions, the base public communication office produces local programming exclusively for Team Sheppard. For more information about TSTV or to share your ideas with the TSTV staff, please contact public communication at 6-1327 or check out our Web site at <http://www.sheppard.af.mil/82trwpa/default.htm>.

Today March 12

10 a.m. Air Force News Special Edition - The Making of an Air Force Recruiter
5 p.m. Navy History
9 p.m. 50 Years of The Uniform Code of Military Justice

Saturday March 13

10 a.m. Air Force News Special Edition - The Thunderbirds
5 p.m. The Navy Hospital Corps - A Tradition of Honor, Sacrifice and Valor
9 p.m. The Air National Guard - Mission and History

Sunday March 14

10 a.m. Target for Today
5 p.m. Seal Class 224 - Basic Underwater Demolition

9 p.m. Level I Anti-Terrorism Briefing

Monday March 15

10 a.m. The Army in Action - Global War
5 p.m. Flying for Freedom - Women Air Force Service Pilots
9 p.m. Air Force News Special Edition - The Centennial of Flight

Tuesday March 16

10 a.m. Navy Marine Corps News
5:30 p.m. The Uniform Code of Military Justice - Part 2
9 p.m. Air Power Over Kosovo - 21st Century Command and Control

Wednesday March 17

10 a.m. Sheppard Today - March 2003
5:30 p.m. The Air National Guard in the Aerospace Expeditionary Force
9 p.m. Heroes of Combat Camera

Thursday March 18

10 a.m. Famous Generals - Pershing
5:30 p.m. The Pentagon
9 p.m. The Air Force Assistance Fund - A Commitment to Caring



Photo by Senior Airman Chris Powell

Defense

Josh Novak, 82nd Comptroller Squadron, tries to keep control of the basketball from a 365th Training Squadron member during the men's permanent party playoff game Monday at the south fitness center. The 365th TRS won the game 75-34. The comptrollers played their next game Tuesday and lost to the 82nd Mission Support Squadron 58-48 eliminating them from the playoffs.

Tenacity earns Team Marines fifth place in Vegas

Story by Charlie Roake
Marine Corps Recruiting Command

LAS VEGAS — Team Marines NASCAR Busch Series driver Bobby Hamilton Jr. rode a roller coaster of luck Saturday as he raced his way to a fifth place finish in the Sam's Town 300.

The White House, Tenn., resident experienced the high of leading the race and the low of falling back as far as 17th place during the 200-lap race. In the end, with strong work from his Team Marines pit crew and a strong set of tires, Hamilton, Jr. rallied from 17th place with 20 laps remaining to the final position of fifth. The finish moved Hamilton Jr. into the fourth position in the season long point's race.

The weekend started out on a high note as Hamilton, Jr. earned the outside pole position during Friday afternoon's qualifying session. With a solid final hour of practice, Hamilton, Jr. was ready for the 300-mile battle. From the drop of the green flag, Hamilton Jr. displayed the dominant car, passing pole sitter Mike Bliss on lap one and leading the first 34 laps before a round of yellow-flag pit stops. With speedy pit work, Hamilton, Jr. resumed the lead on lap 36 and held onto the top spot until lap 59 when he began to struggle with a tight chassis.

Hamilton Jr. made a green flag pit stop on lap 92 for fresh tires and fuel. Just three laps later a caution flag waved over the field, trapping Hamilton, Jr. a lap down to the leader. Hamilton, Jr. worked his way into position to get back on the lead lap, but the next caution did-



Photo by Steve Rose

Team Marines NASCAR Busch Series driver Bobby Hamilton Jr. finished in fifth place in the Sam's Town 300 Saturday.

n't fall until lap 170 after the leader had placed him back down a lap.

Never one to give up, Hamilton Jr. once again worked his way into position to get back on the lead lap. The much needed break came on lap 180 when caution once again waved on the track.

Now back on the lead lap, he was in position to charge back to the front. Blasting past cars, he worked his way inside the top ten with under ten laps remaining and kept charging until he gained the fifth position and the checkered flag.

"I have to hand it to everyone on the Team Marines Racing Team for

not giving up when we went a lap down," Hamilton Jr. said. "We knew we had a great car and when Harold Holly gave me the final chassis adjustments we were the fastest car on the track once again. I can't wait to get to Darlington and put the Team Marines Ford back in Victory Lane where it belongs."

Nextel Cup driver Kevin Harvick stepped down to the Busch Series to take home the checkered flag. Kasey Kahne and David Stremme rounded out the top three positions. After a week off the Busch Series will return to action at Darlington Raceway on Saturday March 20th.

Have a great story idea for the Sheppard Senator? Submit it to sheppardsenator@sheppard.af.mil or call us at 6-7246.



Direct hit

Chris Reedy knocks a punching bag out Stephen Reid's hand Monday at the south fitness center. The two airmen went to the fitness center to practice kickboxing.

Photo by Senior Airman Chris Powell



Photo by Senior Airman Joe Laws

Doctor (Maj.) Thomas Knolmayer leads his team on a practice run. The two dogs in front of the sled are called wheel dogs and have to be stronger than the other 10 to 12 dogs on the team so they can pull the sled around corners and over hills. Dr. Knolmayer is a staff surgeon with the 3rd Medical Operations Squadron at nearby Elmendorf Air Force Base.

Elmendorf medicine man trains for sled-dog race

By 1st Lt. Amy Hansen
3rd Wing Public Affairs

ELMENDORF AIR FORCE BASE, Alaska (AFPN) — A total of 16 barking dogs strain against their harnesses. The sled behind them is anchored into the snow to prevent the Alaskan huskies, each between 40 and 70 pounds, from pulling it across the starting line too soon. Volunteer dog handlers are busy adjusting harnesses, untangling lines and fixing the booties on 64 eager paws. The musher is unrecognizable in thick layers of custom-made cold-weather gear, his face encircled with fur trim.

Under all that gear is Maj. (Dr.) Thomas Knolmayer, a staff surgeon with the 3rd Medical Operations Squadron here, who moonlights as a sled-dog driver.

"I've got a lot of people at the hospital (who) come and help," Dr. Knolmayer said. "My wife, a few of the docs (and nurses who) work here come up and help with the dogs every once in a while and work as the handlers when I race. With a big team of dogs, it takes a lot of people to control them until you get out on the trail by yourselves."

For Dr. Knolmayer, dog sledding is a labor of love. On training days, he goes to work early, skips lunch and leaves around 3 p.m. to drive to the kennel where he keeps his dogs in Houston, Alaska. He runs the dogs 10 to 40 miles, feeds and cares for them, and cleans their kennels.

"I ended up starting full-bore in November, which meant running about five days a week," he said. "I'd come to work, and after work I'd drive up to the kennel, work with the dogs, run them, and I'd usually get back at about midnight to 1 in the morning, and then wake up for another day of work."

"It is like training for anything, like a marathon or an Olympic event — it takes a great deal of time," said his wife, Tina. "It's certainly worth it. It's a once in a lifetime opportunity."

All of Dr. Knolmayer's hard work paid off in January, when he and a 12-dog team completed the Knik 200, a two-day, 200-mile race. The Knik 200 is one of two qualifying races he must complete before competing in the "Last Great Race on Earth," the Iditarod Trail Sled Dog Race, in March 2005.

The Iditarod is more than 1,150 miles long and follows a route from Anchorage to Nome. Part of

the route is on the historic Iditarod Trail, which was Alaska's main supply route from the gold-rush days in the late 1800s until the advent of the airplane in the 1920s. At that time, larger working dogs pulled cargo sleds on the trail.

Having an active-duty Airman participate in the Iditarod is a great way to get the Air Force message out to the small villages in rural Alaska along the route, Dr. Knolmayer said.

It is unusual to have an active-duty military competitor in the Iditarod because it is difficult for someone with only three or four years in Alaska to make the investment of time, money and training necessary to run the race. Dr. Knolmayer, however, got into dog sledding soon after his arrival in Anchorage in June 2001.

"I started off as soon as I got here volunteering for the Iditarod, and then I met this lady, Lynda Pletner, who has run a kennel for the past 20 years and has run 10 Iditarods herself; so I worked for her as her handler as a volunteer," he said. "My interest grew and grew until I started running my own dogs from her kennel. And that was about two years ago."

Dr. Knolmayer started "seriously running" his dogs in the spring of 2003, and competed in his first race in January.

He planned to train for the 2004 Iditarod but deployed to Iraq from July to November, which took priority, he said. When he returned in November, neither he nor his dogs were in good enough condition to do such a long race, he said. In August, he will start the training cycle for the 2005 Iditarod.

Dr. Knolmayer invests his free time and a lot of effort into dog sledding because he loves "playing with the dogs," he said. The interaction with the dogs is rewarding to him, and he said he feels like the coach of a team.

"Getting them to listen, it's just an awesome experience," he said. It's also fun for the dogs, he said. "They absolutely love it."

"I love dogs, and I love Tom," Mrs. Knolmayer said. "What a great way for us to spend time together ... I enjoy being out there and helping him as much as he enjoys doing it. I wish I had something in my life that I was that passionate about."

Next March, perhaps Dr. Knolmayer's team will be among the barking, wriggling mass of dogs at the start of the Iditarod Trail Sled Dog Race, eager to pull the Elmendorf Airman into his place in history.


**AIR FORCE
RESERVE**
ABOVE & BEYOND

Road to fitness can be bumpy

By Senior Airman Kara Philp
56th Fighter Wing Public Affairs

LUKE AIR FORCE BASE, Ariz. (AETCNS) – For some Air Force members, the road to better health and fitness is a bumpy one.

For people with disappointing waist measurements, health officials have information and advice to help.

When combined with the run and strength components of the fitness test, abdominal circumference is a good indicator of a person's overall fitness level.

"The new fitness assessment is based on the three components ... to impact a person's health and fitness: cardiovascular health, strength and body composition," said Capt. Risa Riepma, 56th Medical Group health promotions manager.

Each portion of the assessment is important. The final score is a calculation of all three.

According to several research studies, abdominal circumference is an independent risk factor for disease.

"This means that your height and age is not a factor," Captain Riepma said. "If your waist exceeds 35 inches (females) or 40 inches (males), you are at greater risk for diseases such as diabetes, heart disease, stroke and some types of cancer."

According to Captain Riepma, this places more of the responsibility on the person to make physical fitness a daily concern.

"This is not a pass or fail program, but an assessment that always leaves room for improvement," she said. "We all should be continuously striving to improve our health and fitness and not become complacent or frustrated with our initial score."

Physical training is the backbone of fitness enhancement, Captain Riepma said. She has several recommendations for proper weight loss.

"Make sure you're engaging in cardiovascular activity for at least 30 minutes at a high enough intensity (so) you feel like your body is stressed (usually 70 to 85 percent of max heart rate) several times each week," she said.

Running, cycling, swimming continuously and aerobics are good examples of cardiovascular activity. Basketball and racquetball do not count as aerobic activity.

Strength training is important for gaining muscle mass and increasing metabolic rate.

"I'd have to say if one is pressed for



File photo

People should participate in high-intensity cardiovascular activity for at least 30 minutes several times a week. Running, cycling, swimming continuously and aerobics are good examples of cardiovascular activity.

time, cardiovascular activity is more critical," she said.

Captain Riepma suggests keeping a food record to document everything consumed and to estimate portion sizes.

"People usually overestimate the amount of exercise they do and underestimate the amount of food they eat," she said. "This is a good tool to increase awareness of food choices and portions."

Weight doesn't come off overnight, she added.

"Most Americans like to see quick results, but if they want to lose it healthfully, it's a gradual process," she said.

Captain Riepma said don't gauge progress by the scale alone.

"Muscle may be replacing fat," she said. "Since muscle weighs more than fat, you would not see an improvement unless you tape or pay closer attention to how your clothes are fitting."

When people lose weight, it comes from all over your body.

"There is no way to 'spot reduce,' which means when you lose weight it will come from all over your body not just one location," Captain Riepma said.

Whether you have several inches to lose or a half inch, the recommendations are the same. Sit-ups will help tone abdominal muscles, but there needs to be a calorie

Fast Facts

Determining fitness score

Fitness level is determined by adding aerobic fitness, body composition, push-up and crunch component points.

Fitness Level	Total Score
Excellent	More than 90
Good	75 to 89.9
Marginal	70 to 74.9
Poor	Less than 70

Members must complete all components unless medically exempted. If medically exempted from any component, the total score is calculated as follows:

$$\frac{\text{Total component points achieved}}{\text{Total possible points}} \times 100$$

Component points	Possible
Aerobic fitness	50
Body composition	30
Push-ups	10
Crunches	10

To find the fitness charts, visit www.af.mil/news/USAF_Fitness_Charts.pdf.

Hot tubs, saunas, steam baths aren't good for weight loss, can also pose health risks

By Airman David Johnson
Physical trainer

Lots of people like to relax in hot tubs, saunas and steam baths at health clubs. Mentally, they are relaxing, but they do nothing to promote fitness or weight loss.

Water lost due to perspiration will reduce body weight but not body fat, and even that loss is only temporary. Lost fluid is soon replaced by drinking or eating.

There are also dangers associated with hot tubs, saunas and steam baths. All of these are forms of heat stress, which can cause problems with regulation of blood pressure. Blood flows to the skin to promote cooling which also reduces blood flow to the heart and may reduce brain blood flow, resulting in fainting.

People should seek a doctor's advice before using these equipment if they suffer from high blood pressure, heart disease, diabetes, kidney disease, chronic skin problems or women are pregnant. Also, people shouldn't use these areas alone, exercise while in a hot tub, sauna or steam bath or enter after going through a vigorous workout.

For more information, call Airman Johnson at 6-2972 at the south fitness center.

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helpkids@girlsandboystown.org



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